



VOLUME 6, NUMBER 1

JANUARY 2008

Coming Events

LIGHT is pleased to announce our upcoming events for February to May 2008.

There is *no admission charge* for any of these events, but donations are gratefully accepted.

LIGHT Lecture Series

The talks, with discussion following, will be held on the first Tuesday of the month in February, March, April and May. Attendees are invited to a buffet starting at 6:30 p.m., with the talk to follow at 7:00.

Location: Charisma Restaurant
83D Sherbrook St.

Tuesday, February 5

Brian McLeod: "Buddhist Principles and Meditation Practice"

The Buddhist tradition uses meditation to investigate the nature of the mind through direct moment-to-moment observation of consciousness. Brian will explore the basic premises of meditation and the Buddhist path of transformation, as well as providing a short technical introduction to the practice of meditation.

Brian McLeod has been teaching Buddhist meditation for the past decade, and has led meditation retreats in Canada and Germany. He was a student of the Canadian teacher Namgyal Rinpoche for 25 years.

Tuesday, March 4

Link Phillips:

"Finnegans Wake: How To"

James Joyce's *Finnegans Wake*, published in 1939, was the Irish author's final novel and perhaps his most controversial and least understood work. The book has been described as a "linguistic experiment" and a "dream narrative" - reflecting the unique lan-

guage chosen by Joyce whereby his words and phrases contain multiple layers of meaning. Link will show how Joyce challenges readers to transcend ordinary categories of thought and perception which condition our cultural world view and reach a new understanding of the meaning of words and language.

Link Phillips is a freelance graphic artist living in Winnipeg. He is a compulsive sidewalk shoveler and Finnegans Wake enthusiast.

Tuesday, April 8

Doug Tataryn: "Ken Wilber's Integral Spirituality: Transcending and Including the Perennial Wisdom Traditions"

Ken Wilber's recent book *Integral Spirituality* makes some astounding conclusions about limitations of the world wisdom traditions, including Buddhism, Hinduism, and the foundational assumptions of the Perennial Philosophy. This lecture will summarize the basic framework and contributions of Integral Spirituality and how they can be applied to enhance people's lives and spiritual practices.

Dr. Douglas Tataryn is a clinical psychologist in private practice who works within an integral framework, acknowledging the behavioural, somatic, emotional, cognitive, and spiritual dimensions in his work with clients. (An interview with Doug appears on page 4.)

Tuesday, May 6

To be announced.

LIGHT Film Series

LIGHT will be presenting a series of films with spiritual themes once a month, starting in February.

Location: Robert A. Steen C. C.
980 Palmerston Ave. - Fireside Room
(side entrance off the parking lot)

Dates:

Sunday, February 17 - 7:00 p.m.

Sunday, March 30 - 7:00 p.m.

Sunday, April 27 - 7:00 p.m.

On each of these three evenings, LIGHT will be presenting a number of classic short documentaries on different aspects of world spirituality, including Tibetan Buddhism, Taoism, Sufism, Christian Mysticism and Hinduism. These films, from the Hartley Classics of World Religions series, include narration written and spoken by some of the greatest authorities on this subject, including Joseph Campbell, Huston Smith, Alan Watts, and others. Each film will be preceded by a brief introduction and followed by a discussion.

LIGHT Support for Canadian Children's Literacy Programs

Many disadvantaged children in Canada have never read a book and many are unable to read. Canadian literacy groups are trying to remedy this unfortunate situation through education, outreach programs and donations of books and other materials. **LIGHT** would like to contribute to this important endeavour by assisting other charitable organizations working in this field who share our own vision of a more equitable and hopeful world for all our children.

The Institute for Cross-cultural Exchange (ICE) (www.iceeducation.org) is a new Canadian charitable organization that addresses family literacy and promotes understanding between cultures. ICE donates books to Canadian literacy programs and disadvantaged children nationwide. The books are published by Hoopoe Books (www.hoopoekids.com), an imprint of the Institute for the Study of Human Knowledge (www.ishk.net), a non-profit

educational organization founded more than 35 years ago. They contain beautifully illustrated renditions of traditional stories from Afghanistan, collected and adapted for children by Afghan author Idries Shah.

Told for centuries throughout Central Asia and the Middle East, these stories address universal themes such as building self-esteem, persistence when facing adversity, and exercising thoughtful observation over hasty judgment. They also promote multicultural awareness, providing a



positive representation of an important but little-understood culture, teaching us what we have in common and what we can learn from each other. But Hoopoe's tales do more than instruct and entertain. According to a growing number of educators and psychologists, they also help develop higher-level thinking skills in children.

In the past few years **LIGHT** has donated the complete set of Hoopoe children's books to each of the 20 branches of the Winnipeg Public Library where they have been very well received by library patrons and circulated at a robust rate. By conducting fundraising activities on behalf of ICE we hope to make these important children's spiritual books more widely available to disadvantaged Canadian children and their families.

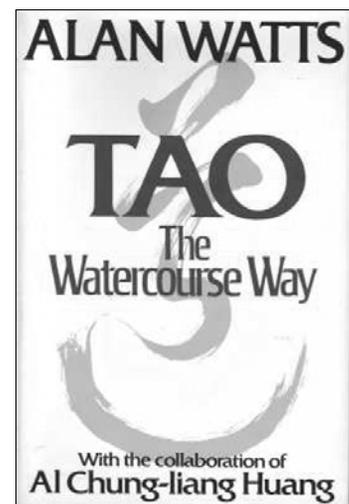
The LIGHT Lending Library

The **LIGHT** Lending Library catalogue will soon have two new sections: **Taoism** and **Mindfulness and Insight Meditation**. Both are important traditions in the human search for spiritual understanding and fulfillment. Although Taoism is of Chinese origin, in essence it is universal in nature. The Tao or "the Way" emphasizes individual well-being, social harmony and the evolution of consciousness. It is deeply rooted in experiencing everyday life from the awakened perspective of a fully conscious human being. The titles in the **LIGHT** library include classic works such as the *Tao Te Ching* and *Inner Chapters* by ancient Taoist sages Lao Tzu and Chuang Tsu, as well as works by modern Taoist teachers.

Mindfulness is the heart of meditation practice. It is both universal and eminently practical. By paying attention to our body, mind and

emotions we can transform them and awaken to the unique beauty and possibilities of each present moment as it unfolds. The Lending Library includes titles by accomplished Western meditation teachers such as Joseph Goldstein, Jon Kabat-Zinn, Jack Kornfield and Stephen Levine. The works of important Eastern Buddhist teachers Thich Nhat Hanh (*The Miracle of Mindfulness* and *Peace Is Every Step*) and Ajahn Chah (*Food for the Heart*) are also represented.

The Library catalogue can be accessed through our website. From the home page select **About Us**, then **Lending Library**. In order to borrow books, journals, films or audiotapes you must be a current member of **LIGHT**. Items may be borrowed for up to two weeks and as many as five items may be taken out at a time.



LIGHT and the Winnipeg International Storytelling Festival

LIGHT will be sponsoring a storytelling event at the Millennium Library 'Reading in the Round' on Saturday May 10, 2008 as part of the third annual Winnipeg International Storytelling Festival. The Festival is presented by the Aurthur V. Mauro Centre for Peace and Justice, University of Manitoba and brings local, national and international storytellers together to share their stories and experiences. At last year's Festival LIGHT, in collaboration with the Winnipeg Public Library, presented a storytelling event for children and adults featuring the humorous stories of Mulla Nasrudin, a traditional Middle Eastern 'wise fool' or 'trickster' figure.

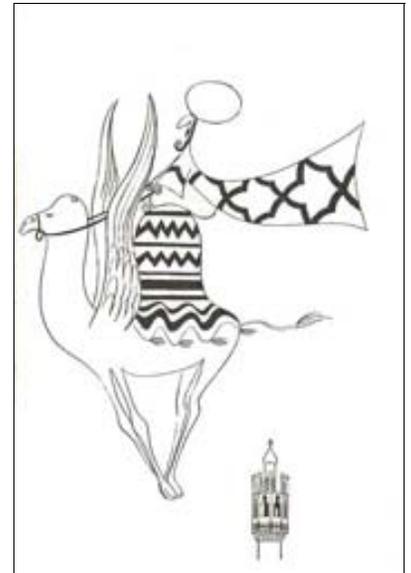
For this year's Festival LIGHT plans to revisit the stories of Mulla Nasrudin in the context of the theme 'Humour and Spirituality.' Humour is both an illustration of and powerful antidote to the self-centered, reactive and absurd human behaviour that so often seems to characterize our individual and collective life. The humorous stories and anecdotes of Mulla Nasrudin provide a window into a different way of perceiving reality beyond conditioned patterns of thinking, feeling and acting.

LIGHT is pleased to sponsor Toronto storyteller and author Aubrey Davis as the featured storyteller at our May event. Aubrey first discovered traditional folktales and the art of storytelling while travelling in Europe and North Africa many decades ago. For over 25 years he has told stories and conducted storytelling workshops in Canada and the U.S. A retired teacher with an M. Ed. in psychology and adult education, Aubrey taught oral language programs to primary and special needs students for 17 years. He has also published a number of books for children; his last work, *Bagels for Benny*, won a number of prestigious awards.

The May storytelling event will also feature skits of humorous stories by a group of community children under the direction of LIGHT board member Richard Bredsteen. The presentation by the children of some of the classic Mulla Nasrudin tales at last year's Festival was one of the highlights of the day and an encore is clearly welcomed for this year's event.

At the event LIGHT will also be donating the complete series of Mulla Nasrudin books by Afghan author and

Sufi teacher Idries Shah to each of the 20 branches of the Winnipeg Public Library. The titles include *The Exploits of the Incomparable Mulla Nasrudin*, *The Subtleties of the Inimitable Mulla Nasrudin*, *The Pleasantries of the Incredible Mulla Nasrudin* and *The World of Nasrudin*.



All the art of living
lies in a fine mingling
of letting go
and holding on.

- Havelock Ellis

Tax Receipts From LIGHT

Earlier this year LIGHT was granted standing as a registered charity under the Income Tax Act. One of the consequences of charitable status is that LIGHT can now issue official tax receipts for donations to our organization.

According to the Canada Revenue Agency, donations may include both monetary and material gifts (but not membership fees). LIGHT is pleased to be able to supply tax receipts and will readily provide one to anyone making a donation at our events or to our organization.



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A Note About Our Website

LIGHT has a new web address: www.lightwinnipeg.org. If you tried last Fall to access our website at the old address (www.lightinc.org), you would have found that it led to a page which advertised lighting fixtures!

We were forced to move our website to a new address because our original website host, unknown to us, actually owned our domain name and made it very difficult to renew our service

Briefly, what is your academic and professional background?

I did my undergraduate in Psychology at the University of Manitoba. After that I did a graduate year in Education at UCLA. Then after a series of serendipitous synchronicities, I was accepted into the Clinical Psychology program at the University of Arizona, where I did my Ph. D. in hypnosis. It was a great and incredibly intense time in my life . . . I had just got married ~ we went down with one child and came back with four!

How did you first become interested in spiritual teachings?

That's a blurry line for me. I've never really distinguished between the spiritual tradition teachings and good psychology/science. In fact I've spent most of my life trying to explicitly integrate them.

Which spiritual teachings and teachers have had the greatest impact on you?

I spent quite a number of years studying and participating in Fourth Way groups, based on the teachings of Gurdjieff and E.J. Gold. Later I took up the Sahaj Marg practice of Ram Chandra, which is a powerful Yogic system based on heart transmission. In the same time period I got involved with Kama Ananda, one of the first Buddhist teachers in Manitoba, and did a number of multi-day Vipassana meditation workshops. I also attended a lot of personal growth workshops in a variety of modalities, such as bioenergetics, rebirthing, and deep tissue/postural integration work.

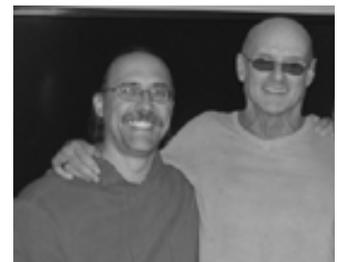
What is your approach to psychotherapy with clients and are you able to integrate psycho-

logical methods with spiritual practices in your therapeutic work?

When I meet my client I try to enter into their world, see how they see the world and how what they do makes sense in that world. From there it's a matter of identifying and differentiating the early emotional impressions the person took in, which become entangled in their sense of self, which is keeping them from growing and blossoming into the higher stages and states of human development... I've also found that it can be very beneficial for clients to take up a meditation practice during therapy, so I encourage it if they are so inclined. It helps develop and strengthen their "witness," making it easier for them to go through the intense emotional processing without completely losing their sense of self in it, and that can speed up the healing process.

Do you think that traditional Western disciplines such as psychology and psychiatry are becoming more open to spiritual ideas?

That's an interesting question. Right now, Buddhism in particular is gaining widespread acceptance, thanks to Jon Kabat-Zinn and his empirical research on the effectiveness of mindfulness-based stress reduction. There are conferences all over the world, where Buddhist practitioners meet with Western scientists and study the nature of mind from both perspectives, the Dalai Lama holds regular meetings and writes books with psychologists. Yoga institutes are doing research and scientific studies on their own practices. People like Ken Wilber are writing books integrating the best of Western and Eastern knowledge. It's a great time in history, to have these two complementary knowledge paths meeting and talking.



Doug Tataryn with Ken Wilber

contract. We later learned that the world of web hosting is a murky one where the owner of the website's domain name has a great deal of control over the continuing operation of the site and can make things very difficult for customers. Let our experience be a lesson to others. It is important that any organization (non-profit or otherwise) ensure that their domain name is registered in the name of the organization and not the web host.